

# BRIDGES

**INNOVATION:**  
Just In Case binder  
provides end-of-life  
planning **P. 4**

**DAY TRIPS:**  
An amazing adventure to  
Saskatchewan's badlands,  
the Big Muddy **P. 18**

**SHARP EATS:**  
The slowdown on  
Saskatoon's food  
trucks **P. 26**

WEDNESDAY, SEPTEMBER 11, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

## ENGINEERING THE FUTURE

**U OF S SCIENTIST QIAOQIN YANG  
LOOKS AT THE BIG PICTURE  
THROUGH POWERFUL MICROSCOPES P. 6**



FREE

# INVENTORY

We want to hear from you! Tell us about your local business.  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## UKRAINIAN MUSEUM OF CANADA GIFT SHOP

The Ukrainian Museum of Canada's gift shop carries a large variety of authentic Ukrainian clothing, jewelry and books. The book selection covers topics about the history and culture of Ukraine, as well as children's books with Ukrainian themes and Ukrainian cookbooks. The gift shop sells unique glass paintings, Ukrainian dance prints, Ukrainian pottery and a wonderful selection of pysanky (Easter eggs) and all the supplies for making the eggs. The store is located at 910 Spadina Ave. E. and is open Tuesday to Saturday from 10 a.m. to 5 p.m. and Sunday from 1 p.m. to 5 p.m.

**1. PYSAANKA** Made by Ukrainian woman from Manitoba — \$40

**2. PYSAANKA KIT** Book three design sheets, four dyes, two brushes, candle, beeswax — \$35

**3. MOTANKA** From Ukraine (traditional Ukrainian doll) — \$30

**4. SVETLANA CROSS** Sterling silver — \$70

**5. GLASS PAINTING** From Kiev/Ukraine — \$35

**6. PYSAANKA PENDENTS** \$220-\$270-\$380

BRIDGES PHOTOS  
BY MICHELLE BERRY



## SUNVIEW WINDOWS

We build them! • We install them! • We stand behind them!

**WINDOWS READY  
IN 6 WEEKS!  
SAVE 30% NOW!**

MADE IN  
SASKATCHEWAN

(306) 934-2870

Yes, we do in-home consultations

Visit our showroom at:  
3347 Miller Ave., Saskatoon  
8-430 Mon-Fri

Pros always expect more from their equipment. You can too!

Husqvarna



Husqvarna 1200 Trimmer  
\$149.99  
Includes free Husqvarna bag  
Call now and we'll deliver!



Zenith  
Husqvarna 250cc Trimmer  
\$299.99  
Includes free Husqvarna bag  
Call now and we'll deliver!



Husqvarna Tiger 2400000  
\$999.99  
Includes free Husqvarna bag  
Call now and we'll deliver!

Lumberj

814 4700, Street East, Saskatoon  
Phone 242-8570 • [www.lumberj.com](http://www.lumberj.com)  
Parts • Sales • Service

Lumberj

## Trusted Windows & Doors Renovation Expert

- 21 Years of Window Experience • Free Estimates
- Installations • Locally Owned and Operated

**DURABUILT**  
WINDOWS & DOORS  
AUTHORIZED DEALER

[durabuiltwindows.com](http://durabuiltwindows.com)

**Baron Windows**  
314 Lauriston Street Tel: 306.244.7233

## VICTORIA, BC

Planning a winter getaway?

Join Greg Osborne of the Royal Scot Hotel & Suites for an informative session about Victoria, B.C., and long stay vacations.

- Convenient Downtown Location
- Spacious Suites with Full Kitchens
- Active Social Program
- Special Long Stay Rates

Monday, October 7, 2013  
Sharon Gavriel  
010 Spadina Crescent East  
Reservable seats at 1:00 pm  
Call Arlene to RSVP  
1-800-883-7816



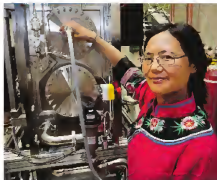
ROYAL SCOT  
HOTEL & SUITES

400 Graham Street, Victoria, BC V8W 1G3  
Tel: 250-382-7515  
Email: [royalscot@royalscot.com](mailto:royalscot@royalscot.com) • [www.royalscot.com](http://www.royalscot.com)



# INDEX

## # ON THE COVER PG. 6



Qianqian Yang was born in a remote Chinese village and rose through the academic ranks to become one of the top in her field of mechanical engineering. **BRIDGES PHOTO BY CHRIS PINNER**

## # TABLE OF CONTENTS

### INVENTORY — 2

Celebrating Ukrainian culture at The Ukrainian Museum of Canada's gift shop

### INNOVATION — 4

Just in Case helps plan in the event of death

### COVER — 6

Mechanical engineer Qianqian Yang is reweaving the building blocks of life

### READ MY BOOK — 11

### FASHION — 12

Fewly done, rock-inspired looks

### PARENT TO PARENT — 13

Were your pregnancies different from one another?

### IN THE CITY — 14

Photographer Michelle Berge shot of the week

### DAY TRIPS — 16

Sightseeing at the Muddy Valley

### EVENTS — 20

### ON THE SCENE — 32

At the LGBTQ+ Welcome Week festivities

### ASK ELLIE — 34

### OUTSIDE THE LINES — 35

Artist Jonathan McKay's weekly coloring creation

### SHARP EATS — 36

The breakdown on and top picks from Saskatoon food trucks

### GARDENING — 36

Information you need: Indicating apple pests

### CROSSWORDS/SUDOKU — 39

### RECIPES — 30

### WINE WORLD — 31

Blending white and red makes for balanced wine

## # MY FAVOURITE PLACE PG. 15



Jermy Spak, Taylor Spack and her kids, Ava, 5, and Jackson, 3, search for fish and soak in the sun at Saskatoon's southern beach. They favor its place in the city. **BRIDGES PHOTO BY MICHELLE BERG**

### BRIDGES COVER PHOTO BY MICHELLE BERG

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S7N 2P1.

Bridges Mailings is not for sale.

For advertising inquiries contact: 657-6340; editorial: 657-6337; home delivery: 657-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 657-6337.

# INNOVATION

# HAROLD EMPLEY

## Just in Case: The binder with all the answers

By Angelina Irwin

Harold Empley's innovative program creates a lot of work for people like him, just because he says that it causes people to really reflect on life.

Yesterday, Empley and his wife Betty were discussing plans in the event of death and created a list of things they thought should be taken care of before — just in case. It included the question of cremation and what type of reception should be held, to name a few, yet important details like PIN numbers and family contacts. Betty died last November from cancer and Empley is extremely grateful that the two had come up with an extensive list of answers.

"It made a difficult situation less difficult," he says. "Her death was not soon on Monday and Thursday it was all over. We spent 18 months at the funeral home and 20 with the minister because they had all the info. It was all done."

It wasn't too easy when his son died at 10, just two months later.

"There was no planning as such anything. It was an absolute going down. It was just awful," he recalls.

Others heard of Empley's package and wanted more information about it, so he developed the full Just in Case binder. The binder was completed as a list to answer your own while he and Betty kept making changes and additions.

It's as broken into 10 tabs, all encouraging discussion, and covering insurance and detailed questions like: What kind of legacy do you want? Want to be a cheer or a sobber? Do you want to suggest donations to a cause? It also includes letters to fill out, lists of institutions to contact and a special folder to keep important documents.

Empley says it's important to have everything in one place, so family members don't have to go searching for all of the necessary documents and information. He had Empley's



Harold Empley (right) explains to Audrey and Gary Galkstein how his Just in Case program works. HAROLD PHOTO BY MICHELLE REED

bankers and accountants review the package and sign that he doesn't give legal and financial advice, but suggests seeking that of a professional.

A few months after Betty's death, Empley teamed up with the San Antonio Community Foundation and was leading seminars, walking people through the binder.

"It's not a list of answers, but a list of questions," explains Empley. "You don't like to talk about death, and not does anybody, but the clock of life is wound last once."

Gary and Audrey Galkstein both 77, were one of the first to sign up for one of Empley's seminars. Audrey explains that if opened up the lines of communication between her and her husband and prevented issues they hadn't thought to talk about before. Gary found it helpful to know all the legal and small things that are involved following a death.

"Once you get going on the project you realize what an opportunity it is to reflect on your own wishes with regard to your passing and come to understand more of what

your partner wants and feels," says Gary. "It's really an uplifting experience because you realize you're saving your kids and your family huge amounts of stress and worry."

The second isn't a real wedding delivery, it's with a lot of humor. He does just an excellent job and people go along feeling good. It is a job you go get some work to do, but people were leaving feeling good," adds Audrey.

So far Empley has led nearly 45 seminars and sold almost 1,000 books at \$30 each — all for Betty's legacy

Empley volunteers his time when leading the seminars. The San Antonio Community Foundation takes care of the cost of creating the book and the very small profit that is made goes directly toward the foundation.

"This whole project is not about Harold. It's a legacy for Betty," he says. "And it's not a legacy if I'm going to make money."

Empley has a number of seminars coming up this fall. For more information contact him at 204-244-0467 or a.empley@sanatx.org.

# Gregg's ONE HOUR<sup>®</sup>

## HEATING & AIR CONDITIONING<sup>®</sup>

*Always On Time...Or You Don't Pay A Dime!<sup>®</sup>*

# EXCESS INVENTORY SALE

**"This is THE Opportunity of 2013 with a new air conditioner installed for \$1,879\*."**

### 59 Homeowners Can Get the Opportunity of 2013

Gregg's One Hour Heating & Air Conditioning is Committed To Helping 59 Homeowners by "Giving Away" \$4,135<sup>†</sup> Air Conditioners for \$1,879\* with purchase of Off-Season Furnace.

If your furnace is over 10 years old, you can replace your old and inefficient furnace and air conditioner as a package for less than you would pay any other time of the year.

Every year, the manufacturers of air conditioners and furnaces forecast how many to build. They are never right and often have additional inventory. Gregg's One Hour Heating & Air Conditioning negotiates with them for reduced pricing based on purchase by the truckload.

These are brand new models, NOT seconds or "blem" or standard "builder" models. They are factory-fresh, premium furnaces and air conditioners with a full factory warranty.\*\*



**Brand New Units available in 4 sizes.**

If you buy one of these premium furnace packages, and if one of the four sizes fits your home, Gregg's One Hour Heating & Air Conditioning is "giving" you the matching air conditioner for \$1,879\* in labour, material and overhead costs for installation.

Call today 306-373-4664. A Comfort Advisor will come out and measure your home and determine the availability of the proper size system. Remember there are only 59 matched systems in four sizes. When they are gone, this offer ends.

Take advantage of the substantial savings available now. This price will include labour and installation materials.

**There is absolutely no obligation to buy.**

If you decide you don't want to take advantage of the savings, we will give you a surprise gift worth \$132.

**Act before October 15<sup>th</sup>. There are only 59 units in four sizes available.**

Call now at 306-373-4664 to set an appointment for your no-obligation survey.

Don't forget about a  
**FREE GIFT**  
valued at \$132

just for having an appointment  
with one of our comfort advisors...



You'll love Saskatoon's premier plumbing,  
heating and air conditioning service provider!

# 306-373-4664

[www.greggs.ca](http://www.greggs.ca)

Gregg's  
**ONE HOUR<sup>®</sup>**  
HEATING & AIR CONDITIONING<sup>®</sup>  
*Always On Time...Or You Don't Pay A Dime!*

# 503 51<sup>st</sup> Street East

Always On Time...or You Don't Pay A Dime! Applies to scheduled repair and maintenance service appointments only.

\*Sales Tax. Prices are genuine off-inventory for \$1,879 with the purchase of a 10-15% high-efficiency gas furnace with a remote control (R) burner valve, furnace and outdoor power, gas and electric. This address, source statement is 100 light for miles power given in distance in Saskatoon Limited quantities.

\*\*Manufacturer or third party warranty coverage. Warranties require approval to be matched or accordance with the manufacturer's recommendations. Some limitations may apply. See dealer for full details.

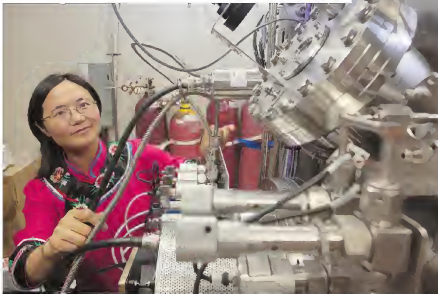
©2012 Comfort Home Services Inc.

## ON THE COVER

I just do this research. My motivations aren't for money or position. — Qiaoqin Yang

# QIAOQIN YANG

# Making the building blocks of the future



Qiaoqin Yang in an engineering lab at the University of Saskatchewan. Yang was born in a remote Chinese village and rose through the academic ranks to become a mechanical engineer. **MIKELO PHOTO BY GARY HOLT**

By Sean Trembath

Qiaoqin Yang brings big passion to very small things.

Although the results she produces in her University of Saskatchewan lab are only visible under extremely

powerful microscopes, they could be critical to how we advance as a species.

From the brambles of beginnings — a remote Chinese village, uneducated parents, an older brother who wasn't allowed to study past eleventh

year school — Yang rose through the academic ranks, first in China, then Europe, Japan and finally Canada. She speaks five languages. She has published 136 articles. She is a Canada Research Chair in Nanoscale Engineering Cooling Technologies.

And she's in mechanical engineering, a field traditionally dominated by men. Her colleagues, who nominated her for one of the Saskatoon YWCA's 2013 Women of Distinction awards, say she could inspire other, younger women to follow the same path.

Yang's response to the nomination is a good example of how focused she is on her research.

"I said that's fine, if it's not too much work," she recalls, laughing. "I just do this research. My motivations aren't for money or position."

There was the stone age, the iron age, the bronze age, the steel age. Right now, we may be going into the nano age.

— Yang

That mentality has served her well and allows her to continue making progress in a field where nothing comes easy.

To an outsider Yang's lab in the basement of the Engineering Building at the U of S looks like something out of a movie. Stratospheric vacuum levels held in place by large bolts are connected by long hoses. There are monitors, switches and computer screens. The corridors are narrow to accommodate the machinery.

The materials Yang produces are beyond tiny — individual carbon atoms clumped together to form microscopic nanostructures, including nanotubes. But don't let the small size fool you. Yang and other scientists and engineers in the field of nanotechnology are discovering the building blocks of much of our future world.

Continued on Page 8



Questa: Yang produces tiny carbon atoms that are chained together to form microscopic nanotubes. Studying these structures helps her discover the building blocks for much of our future world. SUBMITTED PHOTO

# Equine OPEN HOUSE

At EARLY'S • 2615 Lorne Avenue  
Saturday, September 14<sup>th</sup>

**SPEAKERS**  
DR. CLAUDIO DIAMOND  
DR. CLAUDIO DIAMOND  
DR. CLAUDIO DIAMOND  
DR. CLAUDIO DIAMOND

**FEATURING:**  
• In Store Specials  
• Door Prizes • Refreshments  
• Hay Testing Service  
(Ask in store for info & costs.)

**StepRight**

**Early's**

3111 Lorne Ave. • 366-1111  
Hours: Mon-Fri 10am-6pm  
Sat 10am-6pm  
Tel: 1-800-667-1119

SASKATOON

www.earlysgarden.com

# EYES ON IDYLLWYD

**PURCHASE GLASSES\*  
GET FREE EYELASH  
EXTENSIONS OR TEETH  
WHITENING**

By Dr. Sarah Lister & Dr. Sarah Lister (100% plus 100%)

**Back to school in style!**  
\*Complete pair frame & lenses at regular price  
See store for details.

**Back to school in style!**  
\*\*Free supply kit regular price  
See store for details.

**PURCHASE GET FREE NON-RX POLARIZED  
CONTACTS\* SUNGLASSES**

100% OFF! **Private, University Students, High School Students, Kids!**

800-934-4343 • 311 Idylldale Drive S.  
www.idylldale.com • 311 Idylldale Drive S. • 311 Idylldale Drive S.

In mechanical engineering, you would find that the number of female students is quite low. It's important for them to see someone who is successful, and who is also excited about this idea-world. — Donald Bergstrom



The potential uses for the nanomaterials Qianqian Yang makes range from medical to environmental. Testing specific cells when delivering cancer medication is just one example. PHOTO: PHOTO BY GREG PENDER

"Civilization for humans brings in actually based on materials. There was the stone age, the iron age, the bronze age, the steel age," says Yang, sitting in her office on campus.

"Right now we are going into the new age."

Yang is cautiously, increasingly, refining how these tiny carbon structures are made.

"The material was not discovered by me, but there are some core

aspects and specific applications and new methods to make it more productively or improve the properties," she says.

The ability to manufacture things on the molecular level has countless applications. Imagine being able to target specific cells when delivering cancer medication. Artificial joints can be stronger, longer-lasting, non-toxic and less likely to be rejected by their recipients.

There are environmental applications as the tiny structures can be very effective in drawing pollutants out of water.

As with any science/technology, the full range of possibilities is not yet known, but the list of potential uses will only keep growing.

♦ ♦ ♦ ♦

Aside from the history of advances she has made in nanomaterials, Yang

has contributed to her field simply by being in it.

"In mechanical engineering, you would find that the number of female students is quite low," says Donald Bergstrom, associate dean of faculty relations and a professor of mechanical engineering. Bergstrom was one of two faculty members who nominated Yang for the Women of Distinction Award.

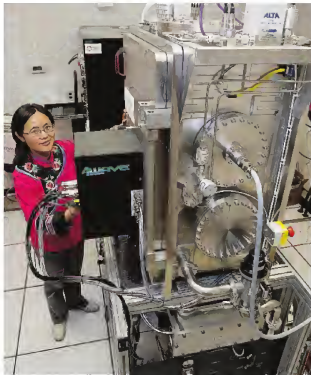
It's important for them to see

someone who is successful and who is also excited about this idea-world. It reinforces that, if she's happy doing that then if I'm a female student, I'm encouraged to follow my dream of becoming an engineer and push past some of those barriers that might be there."

Yang also brings out the best in others with her attitude toward both work and life in general, says Bergstrom.



For me, I need a position that is not focused on short-term outcomes. In China, they evaluate your short-term outcomes. If you want to really have some achievement, and get big breaks, you need some time — Yang



Female mechanical engineers are rare. Chaojun Yang is success as expert technician for other women in the field. Photo: Michael A. Smith/Reuters

"She's got a very positive and upbeat demeanor. She just engages life with a gusto. That brings with it a kind of encouraging attitude and accepting factor like the enterprise people," he says.

Yang's dedication and her positive outlook make sense when looking back at where she came from. As a result, she had some very big questions, and lived in a place and time where she might never have had a chance to pursue even the simplest answers.

\*\*\*\*\*

Yang's dogged pursuit of knowledge can be traced back to something that bothered her as a seven-year-old living in the village of Luo Huang Yang in China's Hunan Province.

"I just had a simple question: What is the purpose of life?" says Yang.

At the time, an academic career seemed like an impossible dream. Despite being her village's first to go to university, Yang usually didn't even go to high school. But Yang was lucky.

Policy changes in 1977 by China's ruling party made it possible for children who proved their academic talent to continue their education.

"At that time, they desired knowledge in urgent task," she says.

It wasn't easy Yang's high school was 15 kilometers from her home. She walked both ways every day.

She worked hard enough to earn a spot at Hunan University in Changsha, the provincial capital. As an undergraduate, she and some colleagues became the first people in China to manufacture diamond-like materials on the mass scale. It was the first step in a career path that continues to this day.

Her work allowed her to travel to the Chinese Academy of Science to earn her masters, after which she returned to Hunan to work as a professor while earning her PhD.

Her passion for knowledge can be seen in her decision as a grad student to learn Russian, despite never working in the country. Russian scientists were making important discoveries in her field, but at that time, Russian science was difficult to access in other translated publications. Yang learned the language so she could gather every ounce of available information.

Her desire to make major contributions eventually led her to look outside her home country.

"I love China, but the environment in China at that time was still not so good for research," says Yang.

"For me, I need a position that is not focused on short-term outcomes. In China, they evaluate your short-term outcomes. If you want to really have some achievement, and get big breaks, you need some time."

She started doing short stints in other countries. A few months in Germany in 1996. A year in Austria in 1999. Two years in Japan right after that.

Then in 2003 she took the job that would move her to Sweden.

Continued on Page 10

One thing is that the human being is limited. Nature is more powerful than a human being, anyway. Physics makes you think in a different way. You think big-picture. — Yang



As a child, Qianqian Yang questioned the signs of life. Through her research as a mechanical engineer, she is now putting that question into practical words. (DAVID STRICKLAND/REUTERS)

Allen Thross, a professor in the U of S physics department, was seeking researchers. His area of research was the manufacture of diamonds and diamond-like materials. It was exactly what Yang wanted to do.

"From the beginning, I was impressed with her ability," says Thross.

"She is a very hard worker. Inevitably she yielded some very important results."

They made significant discoveries in their field, including new knowledge about how nanoscale growing electric fields, and a method

that allowed them to manufacture the moderate of a room-size low-pressure.

Yang worked in Thross's lab for five years before being recruited for her current faculty position in mechanical engineering. They still collaborate and share knowledge.

"We are doing similar things, but using different technologies. We complement each other in a sense," says Thross.

While physics and engineering are very closely connected, the more in the latter was a good one for Yang. Physics, for all its big-picture thinking,

can sometimes achieve meaningful application. While the seven-year-old Yang wondered what this whole life is about, today's Yang is more grounded.

"One thing is that the human being is limited. Nature is more powerful than a human being, anyway. Physics makes you think in a different way. You think big picture," she says.

Engendering is of more interest to me because engineering has practical use."

\*\*\*\*\*

After more than 10 years in his

lab, Yang is now comfortably settled.

"Right now, Canada is my home. China is also my home. Other countries I might do some research or collaboration, but they are not my home," she says.

She still visits China every couple of years, and they go back there to research one day, but her life is here now.

She has a 14-year-old son in Montreal with degrees in business and quantitative mathematics who works with the stock market. Her 10-year-old daughter has just one

year of high school left before starting her own university career.

As for Yang herself, she'll remain in the lab. She is always working on new advances, which will lead to more publications.

She has stopped worrying about the meaning of life, and instead focuses on living the best possible life, and contributing to the world with her work.

"My philosophy is if you change yourself, maybe you can change the world. Make this world better. Just live your life right."

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# **GLEN LARSON**

## Come Hell or High Water

Come Hell or High Water takes place over 30 days in the summer of 1935.

While people on the Prairies struggle to survive, world events swirl around them. Hitler and Mussolini are on the march, leading their military machines in the Spanish Civil War. On the banks of the Mississippi in Mississippi, and, George V has just been crowned King of England. The fledgling CCP is attracting attention from a depression-stricken population. And so much more about the topic under discussion, it is



Glen Larson

permeated by the pervasive swirl of war.

I set out simply to record some fairly unexciting but potentially riveting events that most people think about during this devastating time on the prairie? What did they talk about? How did they cope with the certainty of yet another crop failure, one which would dwarf all the previous years of poor harvests?

My research took me to places I had never considered. I discovered that it is one thing to look back on history in perfect hindsight and see how events unfolded. It is quite another to try to guess at exactly what passed through people's minds while they lived through the times.

The story itself is two parallel stories that lived through that dreadful summer of 1935. Drawing heavily from my own experiences on the farm, I tried to capture their moods, their fears and their anger. It is, I believe, as honest and direct as anything of its kind in that brief period of time. As I pointed out on the cover page, it is a complete yet far from complete story.

And yet it is not all doom and gloom. They are determined to take the time to live, and the story takes notes at the local sports day, a minor stop at those bygone days and one which seems to have faded by the roadside to our modern, high-tech age.

As a novice writer, compressing so much information into so short a

time frame presented a lot of a challenge. While the story is a work of historical fiction, there are some factual incidents I could not resist sharing with my readers. To this end, I decided to cheat a bit and added an appendix of historical research at the back of the book. If it could make one recommendation, it would be to peruse the appendix before reading the story. It may shed just new light on the time.

Available for only \$6 at McNelly's Telephones and BookBuds Market place in Saskatoon, and The Archibald Dodge in Regina. It is also available on Kindle at Amazon.com. Check out my website at glenlarson.ca for more critical reviews or to read an excerpt on the Amazon site.





## GRAND OPENING

### Sept. 12-21



**carhartt**  
Enter to win daily prizes  
Stop On Location  
Sept. 12



**on Location**  
Sept. 12 10am-1pm  
BBQ 11am-2pm



**on Location**  
Sept. 14 10am-1pm  
BBQ 11am-2pm  
Proceeds Go To The Victim's Aid Club

**Red Wing #2**  
10 1701 8 Street  
Saskatoon, SK S7N 0T4  
904-2651 344-6920

**Gift With Purchases**

**Gift With Purchases**

## A 'Fall Gardening' Afternoon

with **KEN BEATTIE**



at **Early's**  
2015 Lorne Ave  
Location

**Meet & Greet Ken, a former TV-Radio host and noted Horticulturalist!**

**Thursday, September 12th 1:00-3:00 pm**

**Ken Beattie makes gardening fun as he speaks and answers your gardening questions!**

**BULBS FOR FALL PLANTING!**  
NOW IN STOCK!

**SPECIAL SALE ITEMS**

**PRIZE DRAW**

**POTTERY**

**30% OFF SALE**

**Early's**  
GARDEN CENTRE

2013 Licensed Dealer • 254-221-9742  
Mon-Fri 9-5:30 PM  
Thursdays 9:30-5:00 PM  
Saskatoon, SK S7N 0T4

904-2651 344-6920

904-2651 344-6920  
Thursdays 9:30-5:00 PM  
Closed Sunday

[www.earlysgardens.com](http://www.earlysgardens.com)

## FASHION

Have an outfit you've styled for an upcoming event?  
Send a photo to [bridges@thephoenix.com](mailto:bridges@thephoenix.com)

## # SASKATCHEWAN FASHION

## Alysia Czmuchalek: Rock and roll family

By Ashley Martin

She's seven months pregnant, and Regina resident Alysia Czmuchalek is wholeheartedly embracing her bump.

"If you don't show it, I find it affects everything because then you just kind of feel like everywhere instead of just feeling content so I like showing it off," said Czmuchalek.

I wear lots of the higher belts that show off my tumbling and a tighter shirt to show off the tummy and it doesn't bother me in the least."

The mother of two — six-year-old Joss and two-year-old Jake — tries to adjust maternity fashion to match her everyday rocker look.

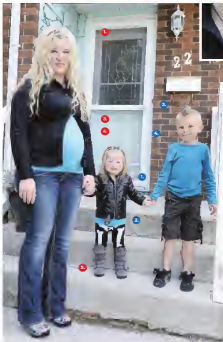
"I think it's because everything else feels so out of place, so to put on something a little more easy on the style, more rock, makes you feel good about yourself because nothing else fits maybe the way it's supposed to anymore."

She always loved rock and roll style. Her favourite bands are Rob Zombie, Alice in Chains and Nine Inch Nails. Music inspires her fashion sense. "As long as it looks good and we're comfy."

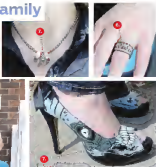
"We" being her two kids, who she dotes on in rock-inspired looks. Jake is getting older so he likes to pick his own stuff now more, but he still likes the look too. And she's perfect because I can still dress her."

Czmuchalek usually tries to match the kids' wardrobes. It happens that the three of them match each other.

The family tends to shop online or on vacation because "it's hard to find rock or metal stuff or anything that's a little different in Regina." When she can't find exactly what she's looking for she'll alter it — "see it my own way kind of reworks it that way or embellish it my own way, because sometimes it's hard to find exactly what you're



Alysia Czmuchalek with her son and daughter, Joss (left) and Jake (right). PHOTOS BY KIM HALL



## ALYSIA

**1 HAIR** "I actually got clip-ins this time. I used to dye it at the time but it bleeds and it colours all my hair pink."

**3 NECKLACE** "We went to Vegas and we saw a little guy at a kiosk and he put the beads in our rings. That's my main piece of jewelry that I wear."

**2 SHIRT** Slay Slier  
**4 TANK TOP** Slay Slier  
**5 JEANS** Below the Belt

**6 ENGAGEMENT RING** Las Vegas "It's all kind of an antique or edge look, not so clean cut."

**7 SHOES** Icon Flat from Ben Stables shoes. "They glow in the dark."

## JOSS

**1 JACKET** Supercuts  
**2 EVERYTHING ELSE** eBay

## JAKE

**1 BLUE HAIR GEL** Wal-Mart  
**2 SHIRT AND SHORTS** H&M

**NEXT WEEK:** What iPhone/iPad/video/computer games do your kids love? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## #PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

*Were your pregnancies different from one another?*



"Totally. The first was an emergency C-section after three days of labour. The second was an induced no drugs or anything in own house!"  
—Rhonda Reid Schneider

"Very different! The second one I can smell all kinds of things I normally would not have noticed!"  
—Courtney Meng

"My first three pregnancies were everything ago and all pretty similar. Born after the second time around it was much harder on me. I lost weight for sure! After having four boys, the girl was by far the easiest pregnancy. (Pregnant that's not a sign of things to come!)"  
—Celia Gustafson

"Every time I ate while pregnant with my daughter I was sick. The opposite happened with my son. I was only sick when I wasn't eating!"  
—Judy S.

"Very different! I did however go into labour at the exact same time with both babies. It was strange!"  
—Jenn Lyster

"First one, I was super hungry all the time and super tired with a sore back. I was never sick. Second one,

third I have the opposite and was sick all the time (thank goodness for Diet Coke!) (I never felt any back but no sore back. Both were boys and over 10 lbs. just shows that every child/pregnancy is different!"  
—Katelyn Doolittle

"They were all different. I do feel that as I just enter the third trimester I am more tired and have gotten more uncomfortable with one. All my pregnancies have been different. At this point all I do is equal up my pregnancy. My emotions are even changing as I guess this is what is currently going on!"  
—Alana Gernsback

"My first pregnancy — with my son I always reacted cold and was always tired. With my daughter it was trouble and pain brief and I was always crying!"  
—Lisa Walker

"I had three very different pregnancies. My first one was moderate morning sickness and had to go up and down to deliver him. My second was so severe I had to be put on IV fluids and received a prescription that knocked me out. My second was also an emergency C-section and the only child I went into labour without any pain. My third was a NICU and my shortest labour!"  
—Janae Owen Plummer

# Authentic Amish Cooking



Authentic Amish Cooking

## Scalloped Potatoes

1 med Onion, finely chopped  
1/4 C. Flour  
1/4 C. Pepper  
3/4 C. Milk  
1 C. Sour Cream  
3/4 C. Cooked Ham, cubed  
2 C. Shredded Cheddar Cheese

1/4 C. Butter  
1 T. Salt  
1/4 C. Dried Thyme  
1 can Mushroom Soup  
8 C. Thinly Sliced Peeled Potatoes



Sauté onions in butter, stir in flour, salt, pepper and thyme until blended. Slowly add milk. Bring to boil, cook and stir for 2 minutes or until thickened. Blend in soup. Remove from heat. Mix in sour cream until smooth. Combine potatoes and ham. In a greased 9 x 13 baking dish, layer half of the potato mixture, cheese and white sauce. Repeat layers. Cover and bake at 375° for 30 minutes. Uncover and bake 40-50 more minutes or until potatoes are tender. Yields: 6-8 servings.

## Soft Pretzels

1 T. Dry Yeast  
1 1/2 C. Lukewarm Water  
Topping  
1 Egg, beaten  
1/2 C. Butter, melted

5-6 C. Bread Mix Flour  
2 Eggs, beaten  
2 T. Coarse Salt



Lightly grease 2 large baking sheets. In large bowl, dissolve yeast in 1/2 lukewarm water. Blend in 2 eggs and butter. Add bread mix to make a soft dough. Knead about 5 minutes until dough is soft. Roll pieces of dough into ropes about 1/2" diameter and 18-24" long. Form into pretzel shapes. Place on prepared baking sheets. Preheat oven to 425°. Brush tops with beaten egg mixture and sprinkle with salt. Bake immediately 12-15 minutes until brown and crisp.

# Authentic Furniture

Custom Solid Wood Heirloom Pieces



Amish Style & Quality  
Heirloom Furniture  
Custom Designs

Custom Pieces  
Full Catalogue Available  
Visit our Showroom

510 Circle Drive E. Saskatoon • 306-955-9397  
[authentic.furniture@sasktel.net](http://authentic.furniture@sasktel.net)

# IN THE CITY

# SEPTEMBER 9, 2013 - 10:43 A.M.

## Nothing beets it



Jerry Frisman serves up the Beet & Bitter Salad at Jerry's Food Emporium on 5th Street. For the rest of September, which is blood cancer awareness month, \$4 from every salad sold will go towards the Leukemia & Lymphoma Society's Light the Night Walk. The walk will be held Oct. 5 at Alameda Park in Berkeley. For more info and to get tickets, visit [www.lightthenight.org](http://www.lightthenight.org). Photo by KATHLEEN WEAVER

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Swimming, sunning and catching fish on a sandbar

By Angelina Irtinich

Although Taylor Serich, her kids Ava, 5, Jackson, 3 and her part ner Jerry Spak live in Edmonton, they've been travelling across the city a few times a week for some summer fun. Right off of Spedon Crescent is a naturally occurring sandbar dubbed "Saskatoon Beach." Although there's signs warning people not to swim and many consider it dangerous to hang out at the beach, it attracts hundreds of people — young and old — on hot summer days. While some visit the city to add memories like a bathroom, with even don't think hanging out near the river is a good idea. But those who choose to take advantage of the sandbar seem to enjoy cooling off in the water, playing Frisbee and, in Ava and Jackson's case, catching minnows.

**Q. What's your favourite thing to do at the sandbar?**

**A. (JACKSON)** I like to do this (splashes in the water). We build sand castles and go swimming. It's fun.

**(AVA)** My favourite part about playing at the river is catching fishes. We've caught three and now we're got four.

**Q. Do you bring the fish home?**

**A. (AVA)** Yeah, we've already got two at our house. We put them in the kitchen in a tank.

**(JENNY)** It's like little glass vase that I didn't even buy fish food. I expected them to die the first day so I've been putting lots of gravel, minnows and sand and they're love alive for like a week and a half. We told them we could either let them go here and they could be with their families and they wouldn't die, so we could keep them home and they'd probably die and Ava and she wanted to bring them home.

**Q. What do you two kids think about bringing the fish in the river?**

**A. (TAYLOR)** It's hard to watch both



Jerry Spak, Taylor Serich and her kids Ava, 5, and Jackson, 3 search for fish and snail in the sun at Saskatoon's sandbar beach. PHOTOS BY MICHELLE BING

of them in the pool because it stays shallow and she goes deep. But here you can see both of them the whole time, as long as you keep them away from the dangerous water, which is super easy, especially when there's more daring teenagers further out and you can tell where it starts getting deep. They like the pools but we don't because it's too much work for us to keep everybody under wraps the whole time. And from going too deep where it's dangerous. Here it seems much safer and easier.

**(JENNY)** And when it's packed in

the pool sometimes kids have the same bathing suit and it's like, "oh no!"

**Q. Are you concerned about any dangers of coming here?**

**A. (TAYLOR)** I'm ridiculously safe about everything — we didn't come here for the first six weeks of summer. I came here first with some friends and no kids and it just seemed so safe, especially with things like this in shallow pool of water between the bars of sand. My kids are old enough that they listen

to me and they're not too old that they want to go swimming further out. So it's really good age for being able to contain them here on the shore. Or you step out three feet and you always stay down, the current and out further than them, so even if they get their first bit of up, which they haven't, someone is there.

**Q. Do the activities of others bother you at the sandbar?**

**A. (TAYLOR)** The drinking doesn't bother me because we only came

here early in the afternoon and we don't come here on weekends, so there's not too much partying. I don't like the swimming around the kids, so we're usually right in the water and most of the adults are on the sand, so it's not much of a problem. Mostly it's a couple gaps with a bucket. Is the water and they're pretty nice and try hard not to get too close to the kids.

**(JENNY)** It's true and everyone who has kids hangs out in the same area. People are mostly respectful around kids.

# InStyle

## FASHION TRENDS

**Edgco Special Advertising**



← **LIGHT & DARK STAINABLE**

Super comfy foam tires from moving comfort has a built in tire and adjustable fers. \$62. Black, green or maroon.

### Seerzity Apparel

2016年12月15日

5.200



## IS IT REALLY A WIG?

Beauty and fashion at your finger tips. Modern and trendsetting styles. Short and sexy or long and fabulous. Lots Of Looks Specialty has a range of styles to fit every lifestyle. Modest or fashion wars. Experienced fitters.

### Lots Of Looks Specialty

2016年12月15日



↓ AN ULTIMO EXCLUSIVE

We are excited to be the dealer of Matchless, a perfect blend of Italian workmanship and British heritage: Matchless, the world's first motorcycle company since 1899. Menz and ladies models are now around.

## Ultimo Euromedia

2008年12月11日



↑ IMMEDIATE COMPLETION

Try our complete strength GlycoGel® with 50% GlycoGel® younger looking skin part size - dark spots

Merle Nozawa

326-653-4606

*Lots of Looks Specialty*



**NO DRA  
REQUIRED  
/CAME FOR  
EVERYONE**

These combinations of 2 suggested for use as term oral contraceptives in this population as black or white patients differ by limited forms and shapes of enamel. Start 1.25 Limited options.

Wallerstein

**10% OFF**  
Camel & Tank Tops

October–September 2004

We Hear, We Listen,  
We Care.

847-355-8th St. E., Glenview Park Ctr.  
1-800-831-1011 • (306) 838-1011

**FIVES**

**ETES**  
ON IDYLWYLD  
PURCHASE CLASSEST  
GET THEM TODAY!

**DIFFUSION EQUATION**  
 EDDY VISCOSITY COEFFICIENT



[Back to school in style](#)

\* <http://www.elsevier.com/locate/locate/jbiotec>

**Abstract**

Source: University of Colorado, High School Research Team.

InS

WITH  
NEXT E  
COMING T  
OCTOBER

**the TRADING POST**  
276 5th Avenue South 19045-0553 TAMPA  
www.saskatoontradingpost.com





**← FLY LONDON'S  
FAMED YELLOW LINE**

Must see! Fly London's famed Yellow line has arrived. The most comfortable, stylish shoe you will experience! Over 12 styles and colours to indulge in!  
Come experience Durand's!

**Durand's**  
306-933-3336

**↓ HEALTHY, STYLISH EYES**

EYES not only sees about how you LOOK, they also affect the health of your eyes. Proper sunglasses continue to be the best defense against UV-related eye damage. Purchase a 3 year supply of contacts in September and EYES will give you a free pair of non Rx polarized sunglasses!

**Eyes On MyEyedid**  
306-934-0565



**→ PANDORA  
BANGLE BRACELET**

The new PANDORA bangle bracelet is stylish enough to wear on its own or to highlight your favorite PANDORA beads. Bracelet \$75. Beads from \$29. See the Trading Post ad for upcoming bangle promotion!

**The Trading Post**  
306-653-1769



**← IT'S ALL  
ABOUT THE FIT!**

Remember your shape and posture is only as good as the bra that supports you. For the Best Fit and Selection, let our Certified experienced Fitters Help you Look Your BEST!  
It's All About the FIT!

**Pink Tree**  
306-655-0546



**Durand's**  
255 2<sup>nd</sup> AVENUE S. 306.933.3336

**Serenity**  
apparel

BACK TO SCHOOL IN COMFORT & STYLE

**YOGA CLOTHES**

Quality, yet affordable  
yoga wear for  
women and girls.

Our Clothing will  
not pill or fade.



Located in the Centre Mall on 6th Street,  
near Shopper's Stop Mart  
[www.serenity-apparel.com](http://www.serenity-apparel.com) 301-YOGA (9142)

**MATCHLESS  
THE WORLD'S OLDEST MOTORCYCLE**



THE JACKET SEWING STANDARD IN THE WORLD ONE  
OF SEVERAL CHOICES ONLY

206 3rd Ave. S.  
Bismarck, ND 58101



**664-6640**

**pink tree**  
The Fitting Shop

Saskatoon's Most Established  
Sensory Fitting Shop Since 1988

**At Pink Tree We Care**

- Sensory Consciousness
- Customized garments, pants, skirts, underwear, socks, shoes, gloves, hats, etc.
- Weight Management
- Post Fitting - long term results
- Sensory, clothing & body
- Sensory, body & body
- 4 Comfort Choice

**ANNUAL SALE**  
Sept 15-28  
In Store Specials  
Weekly Deals

The Right Choice for the Right Fit  
**HOURS:** Mon-Fri 9-5 Sat 10-5  
not closed 11-12 noon closed



**What do YOU want to hide?**

Our expert  
experts can help  
you to get  
a new Supreme  
Makeover

**Merle Norman**  
Makeup Artist

**ONLY MERLE NORMAN**

Store in Saskatoon  
123-2nd Ave S • Scotia Centre • 653-8896  
2 hours FREE parking Thurs  
evenings and Saturdays  
Individually Owned and Operated

# DAY TRIPS

Have you been on a perfect Saskatchewan day trip? We want to hear about it. Email [bridges@thestarphenix.com](mailto:bridges@thestarphenix.com)

# THE BIG MUDDY BADLANDS

## Castle Butte hill amazing from top to bottom

By Tim Switzer

As we drove down Highway 54 a couple hours southwest of Regina the scenery looked just like that of any other rural highway in Saskatchewan.

The fields stretch on for miles, the odd farmhouse sits surrounded by barns and machinery, and oil pumpjacks dot the landscape.

But then, just a few kilometres south of Bengough, we found what we had come for as the ground dropped out below us into the Big Muddy Valley.

The valley itself, with its exposed rock layers on the hill faces and incredible formations, looks more like something you'd expect to see in the hills of Alberta or South Dakota. We found ourselves stopping to take photos all along the valley floor thinking the scenery wouldn't be unique if it was every other mile we drove.

There's dozens of attractions in the area (named roughly) by the triangle created between Bengough, Wilawichewash and Carletonplace, but it is not covered any match the natural features of the valley itself.

Formed during the last ice age by melt water and so named for its slippery when wet clay filled soil, the Big Muddy offers options for those looking for an afternoon drive, those looking for an up-close, back of dark break from the city or those looking to spend a few days camping.

Castle Butte, though, is the most-see site whenever your plans.

The 200-foot high free standing hill is featured in dozens of tourist hot spots photos but really does have to be seen to be believed.

The most impressive part of the butte is that it looks equally amazing no matter how adventurous you find yourself during that visit. It's far from an easy climb to the top, but it's not like you need special shoes and climbing rope either. Running shoes will do just fine. (One word of warning though, climbing the butte is done at your own risk.)

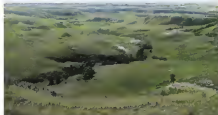


The walls of Castle Butte, the Steinsburg cell in the Big Muddy Valley south of Bengough. IMAGES PROVIDED BY TIM SWITZER AND LEAN SHAW

## The Big Muddy, formed during the last ice age by melt water, is located roughly in the triangle formed between Bengough, Willowbunch and Coronach.



One of the formations in the wall of the Big Muddy Valley south of Bengough.



A view down the Big Muddy Valley in southern Saskatchewan.

The view from the top was as incredible, but walking around it on the narrow path halfway up was equally impressive. Oddly enough, the quarter-mile walk around the bottom might be even better as you see the river- and weather-worn slides cascade in and out.

While Castle Butte is free to see, it's also worthwhile to take a tour of the badlands from Coronach. There

you can get full and half-day guided tours either as part of a large group or in the comfort of your own vehicle.

You'll make stops along the bad lands to see caves where outlaws like Sam Kelly would hide out when being chased and begin to understand what was actually a very clever route for train robbers and the like of the day when they could

bounce across the Canada — U.S. border depending on which authorities happened to be after them.

There are also riflemen laid down on hilltops by First Nations people which have withstood the test of time, the remnants of the area's first North West Mounted Police detachment and an old schoolhouse all of which are behind lock and key as private land and can't be ac-

cessed by just anyone.

And there is a whole lot more to see in the area.

The St. Victor petroglyphs — located about 20 km west of Willowbunch — are a sight to see. The glyphs are etched into the cliff face above the valley and while it's unknown who made them or how long they have been there they're impressive nonetheless. Even if you're

somewhat not impressed, the view from the cliff is worth the drive in itself.

Willowbunch is also the place to find out about the amazing real-life tale of Edward Beespe (better known as Le Grand Beespe or the Willowbunch Giant) who grew to be 11-foot 5 and 200 pounds and traveled with Harrows and Bailey's travelling circus.



One of the outlaw caves seen during the Big Muddy Badlands tour in southern Saskatchewan.



One of the more than 300 petroglyphs at the St. Victor petroglyphs, found on a cliff face near Willowbunch.

## EVENTS

## # MUSIC

Wednesday, Sept. 11

**Doris Williams**  
TCU Place,  
300 22nd St. West

**Michael Wood Band**  
Bulls on Broadway,  
517 Broadway Ave.

Thursday, Sept. 12

**Karen's Kresta's Banquet Blue**  
Crickers Restaurant and  
Lounge,  
411 227 Pinehouse Dr.

**Michael Wood Band**  
Bulls on Broadway,  
517 Broadway Ave.

**Walted Music Tribute to  
Johnny Cash**  
Dorcas Dance Casino,  
204 Dakota Drive W.,  
Wichita

**Blaschard w/ Blow Down,  
Molasses**  
Amigos Cantina,  
632 10th St. East

Friday, Sept. 13

**Man Without Shame**  
Bulls on Broadway,  
517 Broadway Ave.

**Piano Friday w/ Andrea Per-  
ruggia**  
Deets-Bernese Zachary Lucky  
w/ Little Criminals and The  
Karpovka Brothers

The Restaurant,  
232 Fourth Ave. North

**MM**  
Army & Navy Veterans Club,  
359 First Ave. North

**Reich's Rhythms Kicks**  
Fairfax Senior's Centre,  
104 Fairmont Court

**Two Tall Dudes**  
McNally Hallman,  
3330 Eighth St. East



From left: Tinkler's Science, Don Harvey, Glenn Ford and Joe Walsh of The Eagles will perform at Creek Lawn Centre on Saturday. (KCMU photo)

**Widgits**  
Teen Town Tavern,  
1330 Fairlight Dr.

**Friday the 13th Haunted  
House & Fall Party w/  
D-Monks, JA DJ, Michael ve  
Kander and SUG March II**  
The Dance Events Centre,  
241 Second Ave. South

**The Night Train w/ Caught in  
a Dream**  
Lucky Pub,  
93 Carmen Dr.

**Two Man Group**  
Pizzini's Pub and Grill,  
1603 Skyway Dr. North

**Pocket Aces**  
Stom's Place,  
106-10 South St. East

**Saturday, Sept. 14**  
**The Eagles**  
Crestle Union Centre,  
101-3515 Thatcher Ave.

**Man Without Shame**  
Bulls on Broadway,  
517 Broadway Ave.

**Jojo Drive-Santitas Sophia**  
Perimeter Quarter w/ Andrea  
Perruggia  
The Restaurant,  
232 Fourth Ave. North

**Harry Startups**  
Narsana Legien,  
3028 Louisa St.

**MM**  
Army & Navy Veterans Club,  
359 First Ave. North

**Whiskey on a Sunday**  
McNally Hallman,  
3330 Eighth St. East

**Honda Records Party w/  
Witchface, Oskatron (Black-  
scape), Canki Showpiece  
and Ze Verketella Top-Three  
Lovers' Pub**  
933 Campus Dr.

**Two Man Group**  
Pizzini's Pub and Grill,  
1603 Skyway Dr. North

**Pocket Aces**  
Stom's Place,  
106-10 South St. East

**Sunday, Sept. 15**  
**Harry Startups**  
Narsana Legien,  
3028 Louisa St.

**Monday, Sept. 16**  
**The Blue Holes**  
Bulls on Broadway,  
517 Broadway Ave.

**Inside w/ Mark Webster**

**Amigos Cantina,**  
632 10th St. East

Tuesday, Sept. 17

**Jason Roads Band**  
Bulls on Broadway,  
517 Broadway Ave.

**Tom Holliston (No Means  
No) w/ Ryan Black**  
Amigos Cantina,  
632 10th St. East

## # ART

**Hardsell Art Gallery**  
Until Sept. 15 at 950 Spadina  
Cres. East: The Autono-  
mistic Revolution: Montreal  
1942-1965, featuring works  
by Jean-Paul Gougeon and  
Paul-Emile Borduas. An Art  
at the Mercy of Light, by Eli  
Gutman: Shaping Tech-  
nology: The Art Scene  
1926-1964, featuring Stanley  
Bramet, Arthur Moly and  
Ossie Boroson, with a talk  
Sept. 16 from 2 p.m. to 4 p.m.  
Lovers, by Rodney LaTouraine,  
in the lobby. The Artists by  
Artists exhibition, Artworld  
1945, features works by  
Celia Eshel and her mentor  
Isis Housner. The main gallery  
spaces will be closed Sept.  
16-27 for installation of the  
fall exhibitions. The Mem-  
bers' Show & Sale opens

Sept. 18 and runs to Oct. 6  
in the gallery auditorium.  
Gallery members may submit  
one or two artworks for sale.  
The gallery Show is holding a  
fall sale until Sept. 26.

**The Gallery/Art Placement**  
Until Sept. 12 at 228 Third Ave.  
South: Summer Harvest, new  
works by gallery artists. Fea-  
turing new works by Robert  
Christie, Louise Cook, Terry  
Fenton, Cameron Forbes, Greg  
Harvey, Cliff Huxton, Stan  
Kawash, Rebecca Penick-  
off and William Thevinakoff.

**The Mix Gallery**  
Sept. 15, 6 p.m. to 10 p.m.,  
Sept. 14 and 16, 10 a.m. to 6  
p.m. at 139 24th St. East.  
Unleash by Debra Marshall.  
A photographic exhibition fea-  
turing the beauty and grace of  
horses.

**Found Arts**  
Sept. 15 to Oct. 16 at 426 2nd  
St. West: Outer Space: Works  
on the human imagination as  
it is projected into outer space  
by Jacqueline Hwang Nguyen  
and Nipin Kaur. An opening  
reception will be held Sept. 13  
at 8 p.m. An artists' talk will  
be held Sept. 14 at 2 p.m.

**Centre-East Galleries**  
Until Sept. 15 at The Centre

& display by showcase of the  
Arts winners, a showcase by  
Vancouver in the Park Festival,  
a display by Bob Johnson and  
Calm-Chiefed, a display by  
imagery, work by Stacey Olin-  
nick, work by Susan McCrea  
and displays from the Saku-  
stano Public School Board.

**Gordon Tringhouse Gallery**  
Sept. 16-27 at 191 Murray  
Building, U of S: Pure Super by  
David Dyck. Dyck transforms  
everyday objects into working  
prototypes for an alternate  
world of reimagined purpose.  
A reception will be held Sept.  
27 from 7 p.m. to 10 p.m.

**SCVA's Gallery**  
Until Sept. 27 at 253 Third  
Ave. South: We Need Gift-  
ies 2010: The fourth annual  
rebel! showcases profits and  
urban-style work from  
numerous artists. A reception,  
featuring live music and de-  
sign items, will be held Sept. 21  
from 2 p.m. to 9 p.m.

**A Finity Gallery**  
Until Sept. 21 at 813 Broadway  
Ave. Two Perspectives, Painter  
Karen Hadden and graphic  
artist McMillan Interact  
and discuss the powerful  
landscapes of Saskatchewan  
through paint, canvas, clay  
and glass.

## What you need to know to plan your week.

### Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

ACADEMY OF LEARNING COLLEGE

**Gallery on Third, Welcomes**  
Unit! Sept. 26 at 102 Third Ave. East in Watrous  
Dressing Patterns / Stitching Memories, work by Lenore Clifford. An art and talk reception will be held Sept. 6 at 7 p.m.

**Station Arts Centre, Welcomes**  
Unit! Sept. 26, Tuesdays to Thursdays, 9 a.m. to 4 p.m., at 701 Railway Ave., Northey. Recent works by Northey artists will be shown, concluding Sept. 26 with the show. Open demonstrations by artists and artisans.

**The Gallery at Grey Studio Thru**  
Through September at 3-527 Main St., a display of the work of self-taught and primitive fine pottery in stone demonstrations by artists will be held all day Sept. 28 to celebrate Culture Days.

**Siamartina Place**  
Unit! Sept. 30 at 373 Cornish St. The Siamartina House, paintings by Joy Munkul.

**Perkins Art Centre**  
Through September at 110 Greaser Crn. Bridge City Artists. New works in a variety of mediums and subjects by the artist group.

**Watrous Library**  
Through September in Watrous. Silk quilts, work by Watrous quilters Helen Kivlenko M.

**Bridge City Artists**  
Through September at Perkins Art in the Centre. The artists use a variety of mediums and subjects.

**The Gallery, Frances Monro Library**  
Unit! Oct. 3 at 31 23rd St. Fine People and Places in My Life: Research and Travel to India, by Setya P.

Sharma, H depicts people and situations primarily from a village near Delhi, India that the artist visited. A reception will be held Sept. 5 from 7 p.m. to 9 p.m.

**Debrahara Canada Centre**  
Through September at 101 Debrahara Pl. Touch the Sky: The Story of Awa Canada. This 10-page produced exhibit answers visitors to look beyond the controversy surrounding the Awa canoe, and focuses on the history and achievements of Awa Canada.

**Black Spruce Gallery**  
Open through the winter at Northside Antiques on Highway 16. After Glen, a drink and a relaxing fall in a cozy and warm of the local Lakeland region.

### #SPECIAL EVENTS

**Debrahara Singers Welcomes**  
Wednesday, 7:30 p.m., at St. Joseph Church. Please use the Entrance entrance. This is a mixed voice community choir and new members are always welcome. For information visit [www.debrahara.ca](http://www.debrahara.ca).

**Speechcraft and Information for the Hand of Hearing**

Sept. 8, 15, Oct. 9, 23, Nov. 13 and 27, 12:30 p.m. to 3:30 p.m., at Saskatoon Hearing and Hand of Hearing Services, 3-511 First Ave. North. Hosted by the Hand of Hearing Association. For information call 306-249-1317.

**La Chouze des Plaines Restaurant**  
Thursdays starting Sept. 12, 7:30 p.m. to 10:30 p.m., at 2001 1st Ave. South. Chouze des Plaines Restaurant. People who speak French and like to sing is welcome to join. For information call 306-352-9624.

**Friday the 13th Haunted Home**  
Sept. 13, 4 p.m. to 7 p.m., at The Olden Centre Arts Centre. Proceeds will go to United Way of Saskatoon and area. Funds raised will be matched by Agrium.

**Saskatoon Gifts to Grandmothers**  
Sept. 14, 9 a.m. to 2 p.m., at the Saskatoon Farmers' Market. Selling local handmade items, linens and other handmade items. Raising funds to assist African grandmothers in caring for their orphaned grandchildren due to the HIV/AIDS pandemic. Financial donations will also be accepted. For information call 306-312-0714.

**Saskatoon Luncheon**  
Sept. 14, 12:30 p.m. to 2 p.m., at The Wilfrids Golf Club, 362 Glenburn St. Hosted by Canadian Federation of University Women. With guest speaker Senator Ellen E. Dyck talking about the power of education for women and Aboriginal people and the miraculous outcome of her own education compared to what she expected 32 years ago. Free tickets call 306-342-6666, 306-373-2922, email [grace@scfu.ca](mailto:grace@scfu.ca) or [www.scfu.ca](http://www.scfu.ca).

**Second Annual Alley Bally & Strika's Posh Fashion Show**  
Sept. 14, 7 p.m., at Hunter's Park. Presented by the Pink Wig Foundation. A night of bowling, fashion, music and fundraising. With a bowling tournament, dance-off, 50/50 draw, silent auction, gourmet hors d'oeuvres and prizes. Tickets, visit [www.onfacebook.com/victorjcorbinpinkwig](http://www.onfacebook.com/victorjcorbinpinkwig), or call 306-373-2922.

**Classes for Budgetless Evening at the Opera**  
Sept. 14, 7:30 p.m., at TOU Place. Presented by the Saskatoon Symphony Orchestra. An evening of events and selections drawn from the world of opera. Featuring baritone John Bessy and mezzo-soprano Wells Gunka. With works by Strauss, Mozart, Stravinsky, Wagner, Beethoven and Berlioz.

Sept. 14, 7:30 p.m., at TOU Place. Presented by the Saskatoon Symphony Orchestra. An evening of events and selections drawn from the world of opera. Featuring baritone John Bessy and mezzo-soprano Wells Gunka. With works by Strauss, Mozart, Stravinsky, Wagner, Beethoven and Berlioz.

**Annual Social Event for Seniors**  
Sept. 17, 9:30 a.m., at the Greenview Centre, 506 Sandrine Crn. Sponsored by the Saskatoon Senior Citizens Association. Happy Hour at 9:30 p.m., dinner by Greenview Catering at 6 p.m., and dancing from 6 p.m. to 10:30 p.m. For tickets call 306-326-4542, 306-655-5222, 306-363-9432 or 306-365-1720 for Sept. 16.

**Saskatchewan Entertainment Expo**  
Sept. 14 and 15, 10 a.m. to 3 p.m., at Millennium Park. With television and movie entertainment, pop culture and comic book, artists and professional and national vendors. Featuring television and movie entertainment, pop culture and comic book, artists and professional and national vendors. Featuring television and movie entertainment, pop culture and comic book, artists and professional and national vendors. Featuring television and movie entertainment, pop culture and comic book, artists and professional and national vendors.

**Hockey Chair Reviews**  
Monday, 7 p.m. to 9 p.m., at the Saskatoon Hockey Centre. Tickets \$2. A mixed voice Ukrainian community choir. New members are always welcome. An ability to read Ukrainian is helpful but not necessary. For information

call 306-373-6905 or visit [www.hockeyworld.ca](http://www.hockeyworld.ca).

**Musica Devina on the Pacific Lily**  
Sept. 26, 6 p.m. to 8 p.m., on the Pacific Lily Riverboat. Jazz and dinner with Musica Devina and Tefina. Tel. For reservation only. Visit [www.historicriverboats.com](http://www.historicriverboats.com) or call 306-555-5529.

### #THEATRE

**Relentless**  
Sept. 12 and 13, 7:30 p.m., at The Wilfrids Golf Club. Written and performed by Gifford Smith. A prime girl is seduced into sports fandom and discovers the rules don't just apply to the game. A comedy-drama with non-threatening audience interaction. Working. Language (it's football).

**Saskatoon Stage**  
Sept. 12, 9:30 p.m., at Broadway Theatre. Their 30th season opens.

### #SPORTS

**Thunderbolt Racing**  
Sept. 13 and 14, 7 p.m., at Maple Grove. With jockeys from Trinidad and Jamaica.

**Points Race #9**  
Sept. 14, 10 a.m., at Saskatchewan International Raceway, 13 km south of Saskatoon on Hwy 11.

**Points Race**  
Sept. 14, 3 p.m. to 7 p.m., at Auto-Cleaning Motor Speedway. Various competing include Super Trucks, Sportmans, Pro Trucks and Stock Cars. Legends.

**Season Final Points Race**  
Sept. 15, 10 a.m., at Saskatchewan International Raceway, 13 km south of Saskatoon on Hwy 11.



[www.academyoflearning.com](http://www.academyoflearning.com)

Full time or Part Time

• Business

• Medical

• Payroll

• Accounting

• Administrative

• Information

• Technology

Set your own schedule



[www.universalcareercollege.com](http://www.universalcareercollege.com)

Your Diploma In One Year or Less

Fast Track Your Future!

• Legal Assistant

• Police Services

• Travel Counselor

• Interior Decorator

"Institutional fee waived if enrolment is received before June 30, 2013"

Call Today - Start Tomorrow!  
(306) 373-8700  
[admissions@shaw.ca](mailto:admissions@shaw.ca)

# ON THE SCENE

## #USSU WELCOME WEEK



Bridges was on the scene at the University of Saskatchewan Students' Union annual Welcome Week. The event is a long-time tradition on the U of S campus to welcome new and returning students back to classes. Held on Sept. 9 and 10 in the Bowl, this year's event featured DJs, live bands, beer gardens and free giveaways, along with a carpool show-in-a-row played on a giant screen.



1. Kyle Mahon and Brenne Mahon
2. Randal Perreault and his dog Diego
3. Sam Garnett, Katrina Gersh and Shelby Gilmore
4. Acoustic band and Corey Nachbier
5. Aine Sheridan and Cole Jordan from Bestard Poetry perform
6. Jenelle Tils and Robyn Patrick



BRIDGES PHOTOS  
BY MICHELLE BERO



7. Cassie Fehr and Meghan Goss

8. Steph Lord, Dallas Poche and Gabriel Vinos

9. Sarah Weinberger and Arina Eider

10. Second year med students Jeff Maximuk, Noel Armstrong and Bryan Robson

11. Li Battistuzzi and Erin Leith

**WORD STREET** Celebrating Reading Advertising Literacy  
Saskatoon Word & Image Festival  
A & I  
Featuring National Authors  
**Chef Michael Smith & The Loaneys Sisters**  
Presented by  
**Robert J. Sawyer**  
Author of *Wall 2 Wall*  
**Guy Gavriel Kory**  
Author of *The Book of David*  
**Will Ferguson**  
Author of *The Book of David*  
SUNDAY, SEPT 22, 2013  
11 AM - 3 PM  
Clare Street 6th Floor  
In & Around City Square  
Saskatoon  
Saskatoon Word & Image Festival  
Saskatoon Word & Image Festival

**9 HOURS ON YOUR FEET  
NEVER FELT  
SO GOOD.**

**FACTORY WORKWEAR**  
F.W.O. WORK SHOES  
#3 - 602 Circle Drive E.  
Saskatoon, SK  
Ph: (306) 663-4800  
Toll Free: 1-877-653-4800

**MASSIVE IN STOCK SELECTION!**

» Vinyl » Hardwood » Laminate » Tile » Area Rugs » Carpet

**UNBEATABLE SERVICE SELECTION  
AND PRICE!**

**CARPET Superstores**

1300 3530 Millar Ave., Saskatoon SK  
**306.653.3899**  
www.saskatooncarpetsuperstores.ca

## # ASK ELLIE

## Time apart best thing for recently broken up couple

**Q** My girlfriend and I broke up

At first, it'd seemed like nothing could go wrong. Her whole family and friends supported me.

Her friends said she was starting to fall for me. But then I felt she was holding stuff from me. She said she wasn't.

A week later she gave me a day-long text because her friend thought I was bad. So she distanced herself from me to see if I'd flirt with her friend. I passed the test.

The next day she was again distancing herself, so I gave her space and never took finding her alone with this dude.

When we eventually started to talk she denied us as a couple, saying that she problems me with her friend.

I later learned she still had feelings for that boy she'd been with. I knew I cut off proportion.

She said I should've trusted her that nothing would happen between us. We both cried. She felt we rushed it all this, and it's too stressful for both of us.

## Ask Ellie



Finally she said she doesn't want to break up. We just got to get to know each other.

I kept pushing to make things work and I believe I drove her away. Asking do you really want to work things out, and if she still liked me?

She said she still had feelings, but a lot's going on and I'm going through a lot. I kindly pushed for a definite answer.

She said she thinks all we could be is friends, maybe, as she's started talking to the other guy.

The next day I messaged her that I want to be more, and apologized for questioning as not trusting her. I said I'd give a second chance

someday, a fresh start.

I've had no reply and now I've lost her forever and I'm on terms with her and would do anything to get her back.

## Desperate

**A** The daily doubts, tests, dates, arguments and conversations add up to a relationship that never got off the ground. Neither of you felt secure. It was one test, too intense, with too much analysis, and then backtracking.

We both need a break from the pressure of trying to know if you have something worth trying again, or not.

We both seem young and inexperienced in relationships beyond early dating. That's normal, so don't push it to pieces you don't yet know how to handle. Nothing, including the breakup, is forever at this point.

If you contact her, do so without pressure or questioning her about the future, just occasionally checking in as a caring friend.

Let time help you both get more confidence about yourselves, and

handling relationships before you talk about trying again.

**Q** My class friend hung up on me one day without saying why she suddenly got angry. I called, texted, tried to apologize for any offense, but got no reply. Several months later, she called and acted as though nothing happened.

I've wanted to know what happened, but when we talked again, she said her parents were divorcing. The conversation was all about her heart, and sadness, so I didn't ask if it was related to her hanging up that day.

Is it wrong for me to pursue this now?

## Still Wondering

**A** Deep it. She shared a personal and emotional family crisis with you, and that shows her trust and feeling of friendship.

The hangup could've been for many reasons, related to her dealing with her parents' story.

**Q** My toxic friend of several

years, 20, used to be close but due to distance and life events we've become occasional text and Skype acquaintances.

Her relationship (one year) was troubled, she'd only contact me about her problems. She'd rarely ask about my life. I broke up with her in April.

She still keeps asking, "Why he did this? How could he have another girlfriend?" etc.

She's miserable because she can't get a job, or find another boyfriend. I've tried to be supportive, but I'm over rehearsing these issues.

How can I put an end to her analyzing this situation, without making her mean side (she can be spiteful) and we know the same people?

## End Contact?

**A** Delay contact. Say you're busy. Will respond in a few days. Then do, with full-on chatter about your own life. When she mixes the old questions, say "I don't know," and hang talking about you.

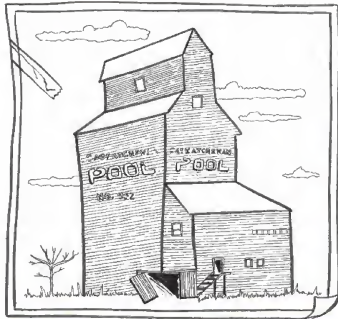
She is too self-absorbed to say "excused."

# Next week in BRIDGES

## Chiropractic treatment for children and infants gaining popularity in the province



# OUTSIDE THE LINES



## # Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridgetp@stephenmckay.com](mailto:bridgetp@stephenmckay.com). One winner will be chosen each week.

Please send entries with the child's name by Marley at 9 am.



Last week's contest winner is Marley Hawk.

Thanks to everyone who submitted entries!



**For the Toys you've Always Wanted**

[gigglefactory.ca](http://gigglefactory.ca)

The Greatest Toy Store in Saskatchewan! Largest selection of Playmobil & Calico Critter. We also carry a huge selection of Unique Toys and Great gigglefactory.ca Party Supplies, including Balloon Decorating

Come See us in our Great location with Free Parking

**150 - 1824 McOrmond  
Dr. 975-9630**

# SHARP EATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook

# SASKATCHEWAN FOOD TRENDS

## Saskatoon food trucks operating into the fall

By Jenn Sharp

Back in June, I wrote about Regina's aggressive food truck scene. At that time, the Queen City had six food trucks — more than, at least one more has joined the fray. While the trucks can be found at various locations in the city, most set up shop near the City Square Plaza downtown for the lunch crowd. The best way to find out where your favourite truck will be is to follow @saskfoodtrucks on Twitter for updates or on the truck's Twitter feed.

In Saskatoon it works a bit differently as there is not a central place for the trucks to congregate. Although many can be found in the downtown core during the noon hour on week days (parking your truck of choice can be a chore because, unlike in Regina, there's no controlled Saskatoon Twitter herds). The traditional trucks have Twitter and/or Facebook, which I've included here.

Regina has really been rocking the food truck scene in Saskatchewan. It took longer for legislation to be passed in the Bridge City than it was, several years had problems getting (or keeping) a truck up and running. The City of Saskatoon has currently only given out three licenses that allow trucks to park and operate on public property (parking stalls). Others are in operation, but are licensed to operate only on private property or at street fairs. Others, like Phoenix of Tacos and Soul Chef's organic pasture truck, operate part at the Saskatoon Farmers' Market, an exception. Because of a late start this summer, most trucks will be running from October into October or November.



DISCO DOG.

**TWITTER:** @saskfoodtrucks  
**WHAT TO EXPECT:** Disco Dog has been killing it on the food truck scene, setting up around the city during the day and outside pubs after dark. The first to hit the streets of Saskatoon in July, co-founder Chuck Porras sells premium hot dogs and smoked sausages in nine ingredients and colors. What makes owner Ken Kinnas a truck better than your average hot dog seller apart from the disco ball and techno tunes is that these dogs come on stone baked rye bread brushed with extra virgin olive oil.  
**DISH TO TRY:** Chive Pontiac — goat cheese, sautéed tomato, green onions, red and green peppers, cheddar sauce. Smoked pepper sauce.  
**PRICE:** \$5 to \$8.50, sausage is \$1 extra, veg options too.



### PINEAPPLE EXPRESS:

**TWITTER:** @PFX,  
FOODTRUCK

**WHAT TO EXPECT:** Everything pineapple! Milkshakes, grilled corn-on-cob pineapple on its own or served over ice cream with pineapple syrup and sliced coconut. There's even pineapple chili. Rick Math has son Dave and friend Makenna Clare wanted to put a unique spin on a favourite fruit. They also sell hot dogs, chili dogs and empanadas if pineapple isn't your thing.

**DISH TO TRY:** The frothy milkshakes are hard to resist for a starter — the pineapple coconut tastes like Hawaii.  
**PRICE:** \$3.99 to \$7.49





## JOY RIDE:

TWITTER: @Joy-ride

whyte

WHAT TO EXPECT:

The breakfast of champions, Dan Walker, Joy Ride was eagerly anticipated by many Saskatoon foodies. People waited in long lines on the scoring day (July 25) in front of City Hall for the globally minded chef. After an incredibly busy opening week, mechanical problems unfortunately forced Walker to shut the truck down. Happily, Joy Ride resumed on Sept. 8.

**DISH TO TRY:** Luke Trout Tacos or Asian Rice Bowl

**PRICE:** \$5 to \$9



## YUMM TRUCK

FACEBOOK: Yumm truck

WHAT TO EXPECT:

Delicious, healthy, home-made cheese cakes and a healthy kale smoothie. Linda Gault and son Jason are championing their menu to cater to the construction-crowd though, so look for stew, chili and sweet and sour meat balls. The duo's pairing an evening run in going into November on 60th Street and Miller Avenue.

**DISH TO TRY:** Chicken or Beef & homemade chicken with bacon and cheese in the batter, seasoned chicken breast in garlic oil with a touch of maple syrup, fresh berries and spinach.

**PRICE:** Waffles are \$7 to \$10, add \$2 for gluten-free.



## SNAK

FACEBOOK: Snak

WHAT TO EXPECT:

The Snak truck takes snack food to a new level. Rainsie Goussens and Mumpi Jaramon use local ingredients to produce artisanal eats almost too pretty to consume on the street. Look for them at street fairs and the Saskatoon Farmers Market until mid-October.

**DISH TO TRY:** Raspberry Lemon Frozen Souffle

**PRICE:** \$2 to \$8



## THREE SISTERS/NESTOR'S BAKERY:

The bakery truck started up at the end of July serving sandwiches, salads, soups and desserts mainly at the building site for the Saskatoon City Police's new headquarters. However, the truck is now done for the remainder of the year.

BUY ANY IN-STOCK SCOOTER & RECEIVE A FREE ACCESSORY!

# UP TO \$250 VALUE!

## SHOPRIDER



SPIRIT GK 10 SCOOTER

\$2295

## SHOPRIDER



BOB-ELSE SPECIAL EDITION

\$3795

## SHOPRIDER



BOB-SL SCOOTER

\$3295

## SHOPRIDER



P424M POWERCHAIR

\$3195

## SHOPRIDER



P424L POWERCHAIR

\$3295

## BRUNO



JOEY LIFT INSTALLED

\$3295

SALE ENDS OCTOBER 31<sup>ST</sup>!

**Golden Mobility**  
A RENAISSANCE LTD.

**306-242-9060**

2202 Hanseman Ave.  
www.goldenmobility.ca

**NSBA** New Direction Award 2013

# GARDENING

## # APPLE INSECTS

### Pesky apple bugs can be tough to eradicate

By Sara Williams

*"Picking up all early-dropped fruit every five days and feeding it to dogs will destroy many of the larvae before they have left the apples."*

—C.L. Metcalf, 1983

If this was about biotechnology adding proteins to fruit might be taken as exciting edge genetic engineering or a major breakthrough in feeding a rapidly over-populating world. But the presence of worms in apples is more likely to evoke a sudden change in body language: a gasp or a stifling cough or a gear up to destroy the culprit.

These types of insect larvae are commonly found on apples in late summer and early fall, when almost always in small numbers and generally in isolated pockets of the grove run. They share a number of traits. All are deposited as eggs by carrier mothers on the newly developing fruit. In the course of feeding, they leave telltale trails. They all fall far more quickly within the apples in situations, overwintering either within the apple or in the soil nearby, ready to begin their life cycle again the following spring.

The apple curculion is a reddish-brown insect, slender to a somewhat long nose and a humped back. The adults feed on the buds, fruit spurs and terminal shoots — if you pinch a shoot or twig below and shake the branches they fall to the ground and "play dead."

Curculion begins to lay eggs shortly after petal fall and continues for about a month afterwards. They leave a smooth or cluster of pits that mark the skin of the apple where the eggs were deposited. Fruit may be unharmed, undersized or drop pre-maturely. The egg hatches into a tiny white legless larva that makes its way to the core of the apple leaving a trail of narrow light brown streaks within the flesh. Once in the core, they eat the developing seeds.



The adult apple maggot fly are also called washed worms because of the way they tunnel their larvae within the fruit. PHOTO COURTESY JOANNE HANSEN

They pupate within the apple, emerging as adult beetles after the fruit has fallen to the ground and overwinter in the nearby soil.

The apple seed shield is a very tiny winged wasp that infests the seeds of apple. The adults lay eggs as developing fruit in mid-June. Upon hatching, the larvae tunnel to the core where they feed viable seeds. Small brown trails through the flesh indicate their route. They remain within the fruit, even after it falls to the ground, overwinter still within the core, and emerge as adults in the spring.

Adult apple maggots, also called washed worms because of the narrow twisting tunnels they leave within the fruit, resemble small dark house flies. They lay eggs in the developing fruit in June and July. The larvae tunnel within the flesh of the apple. Like the apple curculion, they fall to the ground within the fruit in autumn but soon exit to pupate in the soil.

If you've come across one of these insects this fall, chances are they'll be around next spring unless you do something to interrupt their life cycle. Begin this fall by collecting all

of the fruit remaining on the tree or fallen to the ground. If you have no hope, destroy or send the infested apples to the landfill. Putting them in the compost pile surely provides them with an Arsenic-like winter.

The apple seed shield remains within the fruit until next spring. The apple maggots and curculion will overwinter in the nearby soil beneath as much leaf litter and debris as possible to eliminate habitat. Then cultivate as little in the fall as possible to bring pupal cases and adults to the soil surface where they'll be more vulnerable to wil-

ter cold. In spring, use yellow sticky traps to monitor the adult apple maggots prior to egg laying. Place on outside of canopy during the last week in June.

As for the loss of genetic — I've always performed a chunk of cheese with an apple.

Sara Williams is the author of *The Newly Recycled and Expanded 'Good and the Better' Science and with co-author Hugh Steward, Gardening Naturally!*

This column is provided by the Sustainable Personal Society.



## # RECIPES

## Irresistibly tempting autumn apple tart

By Alison Ladman

As satisfying as it is to eat freshly picked apples straight up and unadorned, the chill of fall makes it equally tempting to head back to the kitchen and bake them into a pie.

But that's where most people get tripped up. They find a fancy pie crust. They toke a long baking time or a gummy, sticky filling. So we decided to come up with an easy apple tart that uses a fuss-free crust and comes together in under an hour. Even better — because the filling is very gently cooked on the stovetop, the apples retain some of their crisp, fresh, just-picked flavour.

## Easy Autumn Apple Tart

Start to finish: 1 hour

Servings: 12

- > 14 tbsp (1.5/2-cup) extra-lean butter, room temperature
- > 1/3 cup granulated sugar
- > 1/2 cup well-blended
- > 1 1/2 cups all-purpose flour
- > 4 apples, peeled, cored and sliced
- > 2 tbsp cider vinegar
- > 1/4 cup packed brown sugar
- > 1/4 cup apple cider
- > 1/2 cup cinnamon
- > 2 tsp cornstarch
- > 1 tbsp water

1. Heat the oven to 400°F. Coat an 11-inch (28-cm) round cake pan with butter spray.

2. In a food processor, combine the butter, sugar and 1/4 cup of the salt. Pulse several times. Add the flour and pulse to combine, scraping down the sides of the work bowl as needed. Transfer the dough to the prepared pan. Press the dough evenly across the bottom and up the sides of the pan. Poke the bottom all over with a fork. Bake for 15 to 30 minutes, or until golden brown.

3. While the crust bakes, make the filling. In a large skillet over medium-high heat, combine the apples, vinegar, brown sugar, cider, cinnamon and the remaining 1/4 cup salt. Cook, gently stirring to prevent overcooking, but without breaking the apples, until just tender about 10 to 12 minutes.

4. In a small glass, mix together the cornstarch and water. Add to the apples and cook, stirring gently for



This easy apple tart uses a fuss-free crust that comes together in under an hour. The filling is gently cooked so the apples retain some of their fresh flavour. AP PHOTO

3 minutes, or until thickened.

5. When the crust and apples are cooked, spoon the apples into the crust, arranging them in concentric

circles if desired. Pour any extra juices over the surface of the apples. Bake 10 minutes or more to preserve.

6. Nutrition information per serving: 279 calories, 128 calories from fat (46 per cent of total calories); 15 g fat (30 g saturated, 8 g trans fat); 26

mg cholesterol; 36 g carbohydrate, 3 g fibre, 19 g sugar; 2 g protein; 43 mg sodium. The Associated Press.

# THE WORLD

#GRAY MONK

## Enjoy this blended wine's balance and refinement

By James Romanow

A wine like Chardonnay or Sauvignon Blanc can easily become a little too much. Chardonnay can seem downright amazing for example, and Sauvignon Blanc can be too sour. And if you drink either exclusively you'll likely be sore-headed with them. I mean do.

You can blend these two or any other wines and solve much of the problem. In the Barossa — a location that creates cool climates to tell on their leaves about it ("I can see winter!") — pretty much all whites and reds are blended and the white blend of choice is Sauvignon Blanc and Semillon.

Semillon is more or less unknown to most Canadians. It has a history and similarity similar to Chardonnay. The Sauvignon Blanc is added to the blend for the bracing acidity that helps your tongue recover after the better doppelgänger or shrimp that preceded the egg. On this side of the Atlantic, the varietals came up with the term "Meritage" to describe both red and white blends that are modeled on Bordeaux wines.

Gray Monk Odeyssey is such a wine. It's made from these older vines and the winery has a great deal of thought and effort into the blend. It's elegant, restrained and a fine food wine. It is also a first-rate drink by itself.

It doesn't keep out of the glass, and I expect



such restraint will prevent high scores when tasted alongside another 50 wines. But if you like and understand wants like balanced and refined I think you'll quite enjoy it. You'll enjoy it even more if you drink it a bit warmer than fridge temperature: maybe 15°C as degrees

Gray Monk Odeyssey White Meritage, Canada 2011, \$20 \*\*\*

"Want wine on your doorstep?" Blend Monday's Sheffield's columns and other opinions on Twitter @jdichone

## Crossword/Sudoku answers

S	E	I	S	A	B	I	E	C	T	A	R	E
C	V	A	T	P	R	A	G	E	T	A	R	
A	R	L	O	K	I	N	G	E	R	S	I	N
R	E	A	L	M	O	N	E	Y	I	T	E	M
			C	I	N							
C	H	I	A									
Z	O	O	L	E	N	S	E	S				
A	L	O										
S	C	O										
S	C	O	L	D								
Q	U	I	T									
U	R	N										
A	S	S										
D	E											

3	4	9	7	5	2	6	8	1			
5	6	8	9	4	1	2	7	3			
1	7	2	6	8	3	9	4	5			
6	3	5	2	9	8	4	1	7			
2	8	7	1	3	4	5	6	9			
9	1	4	5	6	7	3	2	8			
7	5	6	8	2	9	1	3	4			
8	2	3	4	1	5	7	9	6			
4	9	1	3	7	6	8	5	2			

## Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,  
Why does bird poop have white stuff in it?  
Lisa

Dear Lisa,

Humans and animals have some very important things in common. We all need to breathe clean air, drink clean water, and eat nutritious food to stay alive and healthy. Even though our bodies might look very different from one another, we all have to deal with the same problem: how to eliminate the waste products that build up inside of us. Every second of the day, you and I must produce waste products in our bodies. If they are not removed from our body, we can become ill or die. One of the most dangerous waste products is a chemical called ammonia. In mammals such as you and I, our waste ammonia is mixed with carbon dioxide and changed into another chemical called urea. Urea is less toxic than ammonia and dissolves very easily in water to make urine. Birds have developed a different, less waste-producing process for dealing with ammonia. They convert it to a chemical called uric acid, which is excreted as a white paste or even a dry, white powder. So the next time you see bird poop, just think of it as nature's waste conservation system in action!

Send your questions to me at the address below, then watch Dodge for the answers.

Your pal, Chip

Address: 14141 Highway 427  
1100 West, Suite 100  
1100 West, Suite 100  
1100 West, Suite 100  
1100 West, Suite 100  
1100 West, Suite 100



Meewasin

## BRA CLINIC

No Fitting Fee, No Shopping & Handling & product available at the time of fitting for purchase

Now representing the Trabbra

### WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeunisse International, founded in 1968, manufactures health bras based on the engineering of the Golden Gate Bridge (balanced load suspension). Shirley Holmes (International Executive Director), a Certified Bra Fitter, is coming to Saskatoon for a 2-day Bra Clinic. Bras on the market with fills and lace may look nice, but they are not doing their job. (85% OF WOMEN ARE WEARING THE WRONG BRA). A woman needs support from beneath the breast tissue. The Tab and the Jeunisse Bras both fit small to full figure, sports, maternity and mastectomy - 200 sizes and 3 styles to choose from 30A - 40KK; no underwire, no wires to gouge or bruise or impeded lymphatic drainage and circulation. Does not ride up in the back or fall off the shoulders and promotes better posture. Switching to a custom fitted bra is like giving up a floppy pair of slippers for an orthotic shoe. Once women adjust to the uplift and snugness (no couple of weeks!) you become a life-long client. Doctors, massage therapists, chiropractors often refer their patients to us.



### FREE BRA-FITTING CLINIC

Friday, Sept. 26<sup>th</sup> 10:00 am - 6:00 pm & Saturday, Sept. 27<sup>th</sup> 10:00 am - 6:00 pm  
at Boutique BeYouTeuful 154 - 2nd Avenue South  
For an appointment on either Friday or Saturday, please call  
Boutique BeYouTeuful at 373-0129

